

Everett Independent

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Africa Rising Co-Founder and Chairman Ndaba Mandela explaining to Malden Catholic students what it means to be a civil rights leader.

Everett housing project part of state subsidy program announced

By Adam Swift

Less than a week after her State of the Commonwealth address in which she vowed to tackle rising housing costs, Governor Maura Healey on Monday announced that her administration was committing resources to support the production and preservation of more than 1,900 housing units in 19 communities across the state, including Everett.

Gov. Healey, Lt. Gov. Kim Driscoll and Secretary of Housing and Livable Communities Ed Augustus joined state Sen. Liz Miranda and state Representative Samantha Montañó in Jamaica Plain to celebrate the Blessed Sacrament Church historic adaptive reuse project and to announce subsidies and Low-Income Housing Tax Credit (LIHTC) support for several affordable housing projects across the state.

One of those projects receiving the LIHTC is the 25 Garvey St. project.

"Impact Residential Development and The Neighborhood Developers are grateful to EOHLIC and the City of Everett for their support and funding for 25 Garvey Street," said Rafael Mares, the Executive Director of the Neighborhood Developers. "This will help with a critical need for affordable homes for Everett families to have stability and thrive."

The redevelopment of 25 Garvey Street will create 125-unit affordable homes for families in Everett's Commercial Triangle Economic Development District (CTEDD). The project will address Everett's shortage of family housing affordable for low-income households, according to representatives of The Neighborhood Developers. The proposed building will include 125 units in five residential stories over a podium parking garage.

Healey said the projects like the one on Garvey Street in Everett are a great example of why the state expanded the LIHTC.

"From a church transformed into mixed-use mixed-income housing in Boston to the re-use of a vacant nursing home as affordable rental housing in Northampton, these funds will make it possible for thousands of Massachusetts residents to afford a home," said Healey. "We look forward to continuing to work to pass the Affordable Homes Act this year to create much-needed housing across all income levels in the state."

Last fall, as part of a \$1 billion tax relief signed by the governor, the Administration raised the Low-Income Housing Tax Credit to \$60 million annually – a \$20 million increase over the previous year.

"We are expanding



Yolandy Vargus and Sixtine Masek, Class of 2024 applauding Ndaba Mandela.



Christopher Torres, Class of 2025, extending his arms to recite, "I am a leader. What I can dream, I can achieve."

Malden Catholic High School welcomes Ndaba Mandela

Story & Photos by Marianne Salza

Over 800 students, board members, Xaverian brothers, previous headmasters, and local officials stood in the Malden Catholic High School (MC) gymnasium, extending their arms with conviction, as Leadership Series speaker, Ndaba Mandela, urged them to. Confidently, they repeated Mandela's affirmation in unison, "I am a leader. What I dream, I can achieve."

Like his "granddad", Nelson Mandela -- a resilient humanitarian and 1993 Nobel Peace Prize recipient -- Ndaba Mandela

believes that youth are the leaders of a hopeful tomorrow. Mandela's January 24 presentation fostered inclusion, love, and equality.

"Young people need to take lead today. You are more powerful than you think you are," said Mandela, who urged students to choose a cause that speaks to their hearts. "Your parents want you to be diamonds and shine."

Mandela encouraged listeners to stand up for the marginalized, explaining that leaders allow others to become champions.

"Leaders serve their community. Be a voice

for those who are voiceless," Mandela advocated. "Engage with people you want to help. God gave us two ears and one mouth for a reason: so you can listen more than you talk. The first thing you do when you want to help people is listen. Often, the people who are experiencing challenges also have solutions."

Mandela is confident that youth will lead the nation, amplifying a message of peace and equality.

"My grandfather said if a person can be taught to hate, then a person can be taught to love, because love comes more natural

to the human condition," Mandela recognized. "Do not make your choices out of fear. Make your choices out of hope that you will achieve unity."

Mandela asserted that fellowship is strength. Kindness and patient attentiveness are necessary to uplift voices.

"The future of this school is in diversity. There is power in diversity. We learn how to do things in a different, more efficient, and innovative way," acknowledged Mandela to the student

See MANDELA Page 5

Joe Polson takes office as new president of Everett Little League

By Cary Shuman

Joe Polson played baseball while growing up in the small town of Cheraw, South Carolina. He has since maintained a lifelong love of the game, and now he hopes to help Everett youths develop their skills in the sport which is known as America's pastime.

Polson is the new president of the Everett Little League, having been elected in October. Polson succeeds Brian Savi as president of the youth baseball organization for players, ages 4-12. "Brian did a great job," commended Polson. "It's a huge honor to be able step in and be the new president."

Polson and his wife, Jessie, have three children Archer, 12, Ainsley, 7, and Adon, 4, who partic-



Newly inaugurated Everett Little League President Joe Polson (center) is pictured with his wife, ELL Concessionaire Jessie Polson (left) and ELL Information Officer Stephanie Smith, at the baseball clinic Sunday at the Everett Recreation Center.

ipate in the league. Jessie Polson will serve as the concessionaire, overseeing operations at the

well-constructed refreshment stand at Sacramone Park.

"We have a beautiful

field and facility, probably the best around -- so we're certainly blessed," said Joe Polson.

The lead pastor at The Church at the Well

Joe Polson holds a bachelor's degree from Liberty University and a master's degree from the Southeastern Baptist Theological Seminary in North Carolina.

Polson moved to the area four years ago and is the pastor at The Church at The Well in Everett. Polson leads services each Sunday at the church. He and the board helped open The Well Coffee House at 983 Broadway in Everett. While he lives in Red Sox country now, Polson was a fan of the Atlanta Braves

See POLSON Page 8

McGonagle, Ryan, DiDomenico testify on behalf of bill concerning RMV fines

Special to the Independent

Rep. Joe McGonagle, along with District Attorney Marian Ryan and Senator Sal DiDomenico testified in favor of H3377, An Act allowing for partial payment of fines relating to driver's license suspension or revocation. If passed, this bill would create a payment plan with the RMV where those with suspended licenses

who have completed all other necessary requirements but face a financial barrier would be able to obtain a temporary license so long as they make payments. The bill sits before the Joint Committee on Transportation.

"I think this bill is so important because so many people rely on driving themselves to get to

See RMV Page 3



Sen. Sal DiDomenico, District Attorney Marian Ryan, and Rep. Joe McGonagle.

Everett Independent

President: Stephen Quigley

Editor in Chief: Cary Shuman

ENVIRONMENTALISTS: PUTIN'S 'USEFUL IDIOTS'

Vladimir Lenin used the term "useful idiots" to refer to journalists, labor leaders, and politicians in the West who extolled the virtues of Lenin's new Communist regime in Russia as a "worker's paradise." They were in the vanguard of the world-wide Communist movement who tried to import Lenin's brand of Communism into their own countries.

The reason Lenin referred to them as "useful idiots" is because they were oblivious to what actually was going on in Russia during Lenin's (and later, Stalin's) transformation of that nation into a Communist regime: mass starvation, authoritarianism, political executions, and use of the Siberian gulag.

In short, the "useful idiots" for Lenin and Stalin were those in the West whose fervent belief in the ideology of Communism blinded them to the reality of what actually was happening in Russia in the 1920s and 1930s.

A century later, democracy and freedom are being challenged by another Vladimir, Vladimir Putin, whose invasion of Ukraine and genocidal campaign of executions, rape, bombings of civilians, and deportation of children poses a substantial threat to Western Europe and ultimately, the United States.

Western European nations stopped purchasing natural gas from Russia -- which had a pipeline directly into Western Europe -- shortly after the invasion began in order not to finance Putin's war machine. These countries were able to do so thanks to a combination of sacrifice (lowering their thermostats and reducing industrial energy use), switching to dirtier forms of energy (coal and oil) for their power plants, and the ramping-up of the importation of liquefied natural gas (LNG) from the United States, with the promise that even more LNG will be forthcoming from the U.S. in the future.

However, President Biden, bowing to pressure from environmental groups, last week issued a directive that imposes new environmental rules on future LNG terminals that essentially has brought to a halt the construction of new LNG export facilities in the U.S. The move has alarmed our Western European allies, who have been able to withstand their embargo on Russian natural gas because of the promise of additional LNG from America.

There is no question that climate change, fueled by the burning of fossil fuels, represents a huge risk to the future of our planet. However, the threat posed by Putin and other dictatorial regimes, such as China and Iran, pose an immediate threat to our way of life today. An article in yesterday's New York Times highlighted the fear of Western European leaders that they will be next in line if Putin succeeds in Ukraine.

In addition, the irony of Biden's new environmental rules for future LNG plants in the U.S. is that Europe will continue to use oil and coal, which are far worse for the environment than natural gas. In addition, if the U.S. is unable to supply natural gas to Western Europe, those countries simply will turn elsewhere.

In short, the action by Biden at the behest of environmentalists accomplishes nothing (and even is a negative) in our battle against climate change in both the short and long terms. However, what it does accomplish is this: It encourages sociopathic dictators like Putin, who want to see the Western nations divided, to continue their campaign against democracies across the globe. The "inconvenient truth" for environmentalists is that the fight against Putin and his ilk requires that America must be united with our allies, no less than we were in World War II, when the free world similarly fought against the Axis of Evil at that time. The environmentalists whose rigid ideology regarding climate change blinds them to the reality of the immediate, existential threat posed by today's Axis of Evil are the "useful idiots" of the dictators of the 21st century.

Your opinions, please

The Everett Independent welcomes letters to the editor.

Our address is 385 Broadway, Revere, MA 02151.

Letters may also be e-mailed to
editor@everettindependent.com.

Letters must be signed. We reserve the right to edit
for length and content.

Independent Forum

UPCOMING EVENTS AT EVERETT PUBLIC LIBRARIES

Parlin Adult and Teens

Blackstone Valley Veggie Growers: Winter Sowing with Milk Jugs, Parlin Meeting Room. Tuesday February 6th at 6:00 pm. An interactive workshop using milk jugs as mini-green houses. This is an easy, effective method of planting seedlings without indoor lighting or a greenhouse. No registration required.

Yarn Club Parlin Fireplace Room. Tuesday, February 6th at 7pm. Come chit chat and stitch! Bring your crocheting, knitting, or any other yarn craft and sit and socialize with other members of the crafting community. Recommended for ages 14-109!

Chess Club, Parlin Fireplace Room. Wednesday, February 7th at 3pm. Play, learn, and practice chess. All ages and skills welcome!

Connolly Center Book Group, Connolly Center Meeting Room. Thursday, February 8th at 12pm. We will read Janet Skeslian Charles' 'The Paris Library'. Based on the true story of the heroic librarians at the American Library in Paris during World War II. See Kathleen for copies on her

twice monthly visits, or call the Parlin (617) 394 2300 or Shute (617) 394 2308 libraries.

The Blizzard of '78. Parlin Meeting Room. Saturday, February 10th at 10:30 am. Listen to the stories from a survivor of the Blizzard with anecdotes and photos of the event from Greater Boston and throughout New England.

Parlin Childrens

Lego Club. Parlin Children's Room. Monday, February 5th from 3-5pm. Come to the Children's Room after school on Mondays for some free-building lego fun. Open to all ages. Children under 6 years old must be accompanied by an adult. No registration required.

Storytime with Vera. Parlin Children's Room. Thursday, February 6th at 12pm. In English or Portuguese by request. Visit the Shute Library Children's Room to attend! Suggested ages 2-6.

Crafts for Kids Parlin Children's Room. Tuesday, February 6th at 4pm. Let's make a Love Sign for Valentine's Day! All kids ages 3 and up are welcome; please come and join the fun! Regis-

tration is required. Sign up online or at the Parlin Children's desk.

Storytime and Singalong with Karen, Parlin Children's Room. Wednesday, February 7th at 11am. Join us for a fun-filled morning of singing and storytelling with Karen! Suggested ages 0-6.

Drama Class. Parlin Children's Room. Wednesday, February 7th at 3pm. Do you have a drama queen or king at home? Drama Class in the Parlin Children's Department is the perfect opportunity for your child to put those acting skills to use with our drama coach! Suggested ages 6-14.

Shute Adult and Teens Resume Writing, Shute Adult Department. Do you need help sprucing up an old resume or creating a new one? Sign up for a thirty minute session at both the Parlin and Shute Libraries. By appointment only. Please call 617-394-2302 for the Parlin Library and 617-394-2308 for the Shute Library to register for an appointment.

Computer Basics 101, Shute Adult Department. Not familiar with the computer? Learn the basics: how to start up and shut

down a computer, perform mouse and keyboard functions, use applications, learn Microsoft Word, navigate the Internet, set up an email account, and more! By appointment only. Please call 617-394-2302 for the Parlin Library and 617-394-2308 for the Shute Library to register.

Valentine's Day Paint Night, Shute Meeting Room. Thursday, February 8th at 7 PM. Come join us at the Shute for a fan favorite: Valentine's Day Paint Night! Here you will use your creativity to paint on glass jars; inspiration will also be provided! Make one for you, gift the second to a special pal, or keep them both to yourself. Spots are limited and registration is required. For ages 14 and up. This program is generously funded by the Friends of the Everett Public Libraries.

Shute Children's

Storytime with Vera. Shute Children's Room. Thursday, February 8th at 12pm. In English or Portuguese by request. Visit the Shute Library Children's Room to attend! Suggested ages 2-6.

LETTER to the Editor

I ASK FOR YOUR VOTE

To the Editor,

I write to announce my candidacy for Democratic State Committeewoman for the Middlesex and Suffolk Senate District (Senator Sal DiDomenico's district) and to ask for your vote. The seat serves Cambridge, Everett, and Chelsea.

An East Cambridge resident, I am an internationally recognized expert on democracy and former gubernatorial candidate. I am honored to serve on the boards of the Cambridge Health Alliance and Massachusetts Board of Higher Education. With children in the Cambridge Public Schools, I've been very involved in advanc-

ing high quality curriculum in our schools. Last spring I was honored to be elected chair of my ward committee, Ward 2 for Cambridge Dems.

I come from people who have loved and fought for democracy for generations. As a kid I took the value of democracy for granted. But as I came into adulthood, I saw life paths diverging for myself and my cousins, and democracy got a lot more complicated for me. I've lost cousins to substance use disorder, incarceration, and homicide. But democracy's not supposed to be abstractly valuable. When we embrace the ideals of freedom and equality, it's supposed to deliver a society that makes it possible for every generation to do

a bit better than the previous one, and for whole generational cohorts to move forward together. We need to change our democracy so that democracy can deliver on its promise.

This conviction has led me into work on democracy renovation. When I ran for Governor I was taken by surprise by just how many people feel disconnected from our political institutions. I think it's time to change that. Our party, MassDems, can lead the way. I am advocating for our party to set up a MassDems Commission on Healthy Democracy to advance the values of inclusion, engagement, and healthy competition. I seek to put "democracy" back in Democrat.

I would be honored to succeed the remarkable Lesley Phillips in this important work, and am proud to have the endorsements of Ward 6 Chair Linda Pinti, Representative Marjorie Decker, Representative Mike Connolly, Councillor Sumbul Siddiqui, Mayor Nicole LaChapelle, former MassDems Chair and State Treasurer, Steve Grossman, and others. To learn more, please visit allenforma.com.

I ask for your vote for Democratic State Committeewoman to advance this work. Whether you vote by mail, vote early, or vote on Tuesday March 5th, please vote for Danielle Allen.

Danielle Allen

MCSW launches new scholarship for women students

The State Women's Commission is proud to announce the launch of a new scholarship program which aims to support emerging leaders of the Commonwealth to continue their education journey to leadership and economic empowerment.

The mission of the Massachusetts Commission on the Status of Women (MCSW) is to provide a permanent, effective voice for women and girls across Massachusetts, and to innovatively promote and empower the women of the Commonwealth. Designed to support woman-identifying students already enrolled in a Massachusetts Public Higher Education Institution, scholarships will be available to help an individual complete their degree.

"This new program seeks to provide funding for women students, who

may not be able to access scholarship and grant funding typically available to more traditional students, to continue their education and path to economic success," said MCSW State Commissioner Denella Clark, serving as the Chair of the new Scholarship Committee.

The MCSW will award 5 individuals with a scholarship of \$5000 each for the 2024-2025 academic year. Applicants must complete the online application and submit supporting materials no later than March 1, 2024. Applicants must currently be enrolled in an accredited degree or certificate program in Massachusetts and have completed at least one year towards their degree. The funds from this scholarship will go towards tuition, fees, books and related supplies or equip-

ment for study. All funds awarded are provided by the MCSW Trust Fund.

The Commission exists to provide a permanent, effective voice for women across Massachusetts. The MCSW represents

and recognizes all women, regardless of their age, race, color, creed, abilities, language, socio-economic status, immigration status, sexual orientation, or gender assigned at birth.

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DIRECTORY

President

Stephen Quigley
stephen.quigley@reverejournal.com

Advertising & Marketing

Director of Marketing
Debra DiGregorio
deb@reverejournal.com

Assistant Marketing Director

Maureen DiBella
mdibella@winthroptranscript.com
Senior Sales Associates
Sioux Gerow
charlestownads@hotmail.com

Legal Advertising

Ellen Bertino
ebertino@easttimes.com

Business

Accounts Executive
Judy Russi
jrussi@easttimes.com

Editorial

Page Design, Copy Editing
Scott Yates
Scott@chelsearecord.com
Kane DiMasso-Scott
kdsconfig@thebostonjournal.com

Reporting Staff

Cary Shuman
(cary@lynnjournal.com)

Printer

Gannet Publishing

PHONE: 781-485-0588

E-MAIL: EDITOR@EVERETTINDEPENDENT.COM

For Advertising Rates, Call 617-884-2416

Repairs to Sullivan Square Underpass are underway

By Cary Shuman

City Engineer Para M. Jayasinghe of the Boston Public Works Department made a presentation about the Sullivan Square Underpass project at the Jan. 18 Charlestown Neighborhood Council's Basic Committee meeting. Repairs to the underpass began on Jan. 2, 2024 and are expected to be completed by May 31, 2024.

CNC Basic Services Chair Philip Carr introduced Jayasinghe, who told the committee and the Charlestown residents in the audience that he has 25 years of experience in the Engineering Division and has enjoyed his previous visits to the CNC meetings.

Jayasinghe delivered a thorough 20-minute presentation on all aspects of the Sullivan Square Underpass Project. Using an effective slide presentation in coordination with Project Manager Joseph Fleury and Department Assistant Rachel Pierce, Jayasinghe noted the highlights of the project which include: the repair of the underpass wall and ceilings, the milling, paving, and striping of the roadway limits, the replacement of the median guardrail with a concrete barrier, the repair and cleaning of the drainage system, and replacing the lighting system.

"We have a presentation for you to basically

let you know why the underpass is closed," began Jayasinghe, noting that the goal was to not have the underpass project conflict with the Summer Tunnel repair project that will resume this summer.

"I will tell you why this system needs so much help. The water table is really high. The draining system doesn't work the best way. The roadway needs attention. Water, salt, concrete, and steel — they just don't get along, and we are desperately trying to make sure that the underpass [is repaired]."

Lack of notification draws ire of residents

Following the presentation, Carr opened the floor to questions for Jayasinghe. The overriding consensus was that the CNC Committee members and Charlestown residents in attendance were grateful to Jayasinghe for the extensive update and pleased that the long-neglected Sullivan Square Underpass would be getting its much-needed repairs.

However, CNC members and residents asked Jayasinghe why the Charlestown neighborhood wasn't notified of the project in advance and there were no public meetings with residents and local business owners.

Cunha expressed his dismay with the lack of notification about the

project.

"The problem is they didn't work out any kind of mitigation — we really didn't get any kind of notice about the project other than an electric sign," said Cunha. "Our committee members and residents clearly made that point. We just didn't get any public notice, and we really would have liked to have had a public meeting where people can ask questions about the traffic and other issues."

Jayasinghe said he would take the comments back to his team, and using a baseball analogy, tell his colleagues that "we really didn't the ball out of the ballpark with this one."

Nonetheless, Cunha is happy that the underpass is finally getting attention from the City of Boston. "This project needs to be done. I don't think anybody in the community is saying that it doesn't need to be done. It's just that we would have liked a little notice that it was going to happen, and we could work out some traffic patterns."

Cunha thanked the Boston Police officers for attending the meeting. Police Capt. Sean Martin told the audience that there will be police details in the area to help motorists and residents navigate the area and provide safe passage during the construction project.

THE SAN ROCCO SOCIETY OF BOSTON

Join us in celebrating our 36th annual banquet, on March 2nd, 2024, at 7:00 pm, at our new venue, Spinelli's of Lynnfield. There will be a sit down dinner with open bar. A DJ for your dancing pleasure. A Photo Booth to capture your wonderful night.

Games to show your skills, at attempting to win a bottle or two of fine wines and of course a raffle.

The raffle consists of items donated by local businesses, individuals and members of our society.

In keeping with the benevolent spirit of San Rocco, All the proceeds from the raffle and the games, will be donated to The Make A Wish Foundation of Massachusetts and

NEWS BRIEFS

Rhode Island.

For tickets email VSRBOSTON@GMAIL.COM or call Giovanni Leone 781-346-3512.

Please come. It's all for a worthy cause!

CITY OF EVERETT REMOVING UNUSED REQUESTED HANDICAP PARKING SIGNS

The City of Everett is asking residents to contact 311 by Monday, April 1, if you have a requested handicap parking space and are still in need of it as the City will begin removing requested spaces that are no longer in use.

In an effort to help determine which reserved handicap spaces are still needed throughout the City and to help open

up more regular parking spaces for the residents of Everett, residents are asked to notify the City of Everett that you are still in need of your requested handicap parking space. If a resident does not contact City Hall by Monday, April 1, the reserved handicap parking space will be removed.

To notify the City that you are still in need of your reserved handicap parking space, please call City Hall at 311 or 617-394-2270 or send an email to 311@ci.everett.ma.us and state that you are still in need of the reserved handicap space. This will ensure that a resident's requested handicap parking space will not be removed. The City of Everett appreciates your cooperation as we continuously look to improve parking for our residents.

\$4 million in grants awarded to combat human trafficking and other gender-based offenses

During Human Trafficking Awareness Month, the Healey-Driscoll Administration announced awards through two grant programs that will enhance enforcement and victim services for survivors of human trafficking, domestic and sexual violence, and stalking. The awards were announced today during a meeting of the Governor's Council to Address Sexual Assault and Domestic Violence and Human Trafficking. Middlesex County received a grant totaling \$51,749 for training purposes.

Grants totaling \$472,428 were awarded to six District Attorney's Offices through the FY24 Human Trafficking Enforcement and Training Grant Program. Now in its second year, this state grant program was designed to support prosecutors' efforts to combat human trafficking and enhance their capacity to identify, assist, and provide referral services to those most impacted.

In addition, \$3,311,842.74 in federal funding was awarded to 43 state, local, and non-profit agencies through the FFY23 Violence Against Women Act (VAWA) grant program. Agencies selected through a competitive application process to receive awards in 2022 were invited to apply for continued funding. The recipients are eligible for up to two additional years of funding, which is provided through the Department of Justice (DOJ) Bureau of Justice Assistance (BJA).

The Office of Grants and Research (OGR) manages and administers both grant programs in Massachusetts. OGR program coordinators will work with grant recipients to provide reporting and programmatic assistance throughout the grant period.

"In recognition of Human Trafficking Awareness Month, we reaffirm our deep commitment to

ensuring that every person can live with dignity, respect and free from fear and abuse," said Governor Maura Healey. "This grant funding will support survivors of domestic and sexual violence, human trafficking, and stalking by investing in programs that promote healing and justice. These grants allow professionals from diverse sectors to provide survivors with access to culturally appropriate and trauma-informed services."

"These grants represent our ongoing commitment to ending exploitation, intimate partner violence, sexual assault, and stalking," said Lt. Governor Kim Driscoll, chair of the Governor's Council to Address Sexual Assault, Domestic Violence and Human Trafficking. "The grant recipients have a proven record of delivering quality services to prevent, reduce, and address these crimes and to provide victims with the services they need and deserve as they move toward healing."

"Everyone deserves to feel safe. These grant programs support the vital ef-

forts of community service providers to help survivors as they recover and rebuild their lives. This funding also supports law enforcement and their ability to send a clear message to the perpetrators that they will be held accountable for these heinous crimes," said Secretary of Public Safety and Security Terrence Reidy.

"The VAWA program is a longstanding initiative allowing us to build partnerships with service providers and law enforcement to support effective approaches to reducing sexual assault, domestic violence, stalking, and human trafficking. The Human Trafficking Enforcement and Training Grant Program is a new, innovative program assisting in investigations, prosecutions, outreach, and delivery of services," said OGR Executive Director Kevin Stanton. "We are committed to working with program partners to strengthen responses to these crimes from courts, law enforcement, and prosecutors while enhancing the services available to survivors."

Housing // CONTINUED FROM PAGE 1

housing opportunities so more people can live, work and stay in Massachusetts," said Driscoll. "This is just one piece of the Healey-Driscoll Administration's strategy to increase our housing supply and lower costs for hard-working Massachusetts residents."

Augustus said these projects, which will now be built as a result of the increase to the Low-Income Housing Tax Credits, are a direct result of the governor's tax relief bill.

"The funding of these projects is proof that housing production for all of

our communities is a top priority for the Healey-Driscoll Administration," Augustus said. "The governor's Affordable Homes Act will soon fund even more, much needed, affordable housing in the commonwealth."

RMV // CONTINUED FROM PAGE 1

work," said McGonagle. "If they can't get to work, how are they supposed to pay off their fines, much less support themselves or their families? This bill doesn't cut slack in penalties. It helps to ensure that drivers are legally licensed which makes our roads safer for all. I'm grateful to District Attorney Ryan for her leadership and Senator DiDomenico for his partnership on this issue."

"This commonsense bill will increase the amount of fine payments the state takes in and promote public safety and economic mobility at the same time," said Sal DiDomenico, Assistant Majority Leader of the Massachusetts Senate. "When people lose their license, it doesn't stop them from driving because they still need to go to work, pick up their kids from school, and see their doctor. If passed, our proposal will allow people to get back on the road legally and give them an easier opportunity to start paying back fines. I

look forward to continued collaboration with District Attorney Marian Ryan and Representative Joe McGonagle to get this bill over the finish line."

"This bill would create a common sense solution which would help get those who have had their license suspended because of an inability to pay fines, increase public safety and bring funds to the Commonwealth. Presently, the RMV cannot accept partial payment of any fines or administrative fees which are owed. For many individuals, paying those amounts in full upfront can be impossible. The ripple effect can lead to unemployment, an inability to get children to school and leave people stuck in a cycle where fines continue to build while they have no ability to pay and may well encourage them to drive less safely," said District Attorney Ryan. "Allowing

the creation of a payment plan will allow these individuals to get their license reinstated and the RMV can begin receiving money which is now not being collecting. I am grateful for the partnership of Representative McGonagle and Senator DiDomenico who have joined me in filing an effective solution to this problem."

An Act allowing for partial payment of fines relating to driver's license suspension or revocation allows those who are otherwise qualified to be granted a license except for outstanding fines to enter into payment plan with the RMV. With a minimum monthly payment of \$25, eligible drivers will be granted a conditional license, which can be revoked for lack of payment or disqualifying actions. Upon repayment of total balance, drivers will have their full license reinstated.

Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
Gutierrez, Francisco E	Krentzman, Mark	13 Silver Rd	\$893,000
Mcglinchey, Eileen F	Obrien Margaret P Est	19 Westover St	\$385,000
Konopulli, Pandi	Redley Lyndell Est	30 Chelsea St #509	\$323,000

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Everett Arts & Culture Events

JOIN the EVERETT CULTURAL COUNCIL!
 Help shape Everett's Arts & Culture
 The Everett Cultural Council is a volunteer group that works to foster creativity, diversity and an arts & culture renaissance in Everett.
 For more info, email: ECC Chairperson, Martha Chason-Sokol martha@mchason-sokol.com.

CALLS TO ARTISTS!

SHOW YOUR WORK!
 Everett City Hall Spring Art Show
 Art by people who live & work in Everett.
 Show dates
March 14 - April 18
 Open to all ages & styles!
 Enter by March 1. Use QR code to enter or
 email: EverettArtEntry@gmail.com
 for an entry application.

CLEAN SLATE
 A juried exhibition inspired by the change of season.
 March 22-April 14
www.artistsgroupofcharlestown.com

THINK OF IT AS AN OWNER'S MANUAL FOR YOUR MONEY.

The free *Consumer Action Handbook*. In print and online at ConsumerAction.gov, it's the everyday guide to getting the most for your hard-earned money. For your free copy, order online at ConsumerAction.gov; write to: Handbook, Pueblo, CO 81009; or call toll-free 1 (888) 8 PUEBLO.

Sean Stellato: A life of football from the field to the contracts, but always tied back to family

By Sydney Ciano

In the public's eye, Italian sports agent Sean Stellato wears his three-piece black suit accompanied with a black fedora as he stands next to his client and quarterback for the New York Giants Tommy DeVito. But the DeVito agent is more than social media's recent fixation. The publicity increase doesn't stray him from his goals and values: Player success and family.

"My family is very proud and being able to bring joy to them strikes a really unique chord for me," Sean said. "It preserves the legacies of a lot of people that have been instrumental in any successes I've had – former coaches to my ancestors."

He took his family's core values, "grit, resilience, loyalty, [and] faith," with him throughout his entire football journey. As he stepped into the agency end of the sport, Sean wanted to implement these values into his business to carry his family with him through every ounce of success.

Football and family were always conjoined throughout Sean's life, and they continue to be connected today.

Sean's nephew and godson, Troy, is a starting wide receiver at Clemson University. Having played the game himself in college and eventually professionally, seeing another



National Football League sports agent Sean Stellato (right) is pictured with one of his clients, Ifeatu Melifonwu of the Detroit Lions, at a Detroit Pistons game last week at Little Caesars Arena in Detroit.

member of his family excel on the field hits close to heart.

"It's pretty cool, it's special," Sean said of Troy. "He knows that I'm on him all the time about making the right decision about working hard, about never letting the pedal off the gas, being relentless in [his] pursuit of greatness... and being unique, being different [and] not conforming."

It is also particularly special for Sean since Troy's father and Sean's brother, Eric Stellato, was a huge mentor for Sean. When transitioning from quarterback to wide receiver after his high school days, Eric helped Sean make the shift.

Their brother Mike, who currently works for Chelsea Public Schools

as an elementary school teacher, also served as a coach and role model for Sean when he was learning the game. Years later, Mike and Sean would coach the St. Mary's High School team to a state championship victory in 2005. To this day, Sean refers to his brother as his most special coach.

His football journey started at six years old watching Doug Flutie when his father grabbed his hand and pointed to the television screen. At that moment, Sean knew he wanted to be a football player, prompting his father to push him day by day. This included filming every one of Sean's games, and rewatching them with him to find areas of improvement. Regardless of height, weight,

or speed, it would be hard work and playing an honorable game that set Sean apart.

"He's my hero and I owe a lot of success as a player to my dad, as a sports agent [too]," he said of his father.

In 1994, Sean brought the Salem High School Witches to the championship where he quarterbacked his team in the face of hardship. The legendary season for the Witches was almost cut short due to a teachers' strike occurring, but he and his team were not discouraged.

Sean's final days on the field were with the Arena Football League. After finishing his Division I career at Marist College where he played football and basketball, he joined the Florida Firecats in 2002. From there he bounced to the Louisville Fire and the Memphis Xplorers until 2004.

But football was part of Sean's DNA, and he knew he could keep football in his life through business. So, his hard work and dedication were laser focused on building his brand for the success of his clients.

"There's not a lot of fish in the sea. So, my personal goals were to eventually have my own company and represent players that share the same values – core values – as myself," he said.

In 2013, he founded Stellato Sports. Nineteen of his clients have played

for Super Bowl championships since.

This decision to branch off and start his own agency was not a light decision. His wife, Krista, was his firmest believer. From taking care of their children to being a shoulder for Sean to lean on, Krista was and continues to be his rock. She motivated Sean to pursue his potential as an agent, acting as his loyal "director of operations... my football encyclopedia" ever since.

In Dec. 2023, he was recognized and inducted into the National Italian American Sports Hall of Fame. His mother and father attended the induction ceremony, taking a 24-hour train ride to Chicago to see their son receive this honor.

Even in gratitude for these recognitions, Sean's focus never strays from his goals. Among these include finding players, whether drafted or undrafted, and using their talents and unique skills to market them. While helping his clients fulfill their potential by creating opportunities for them to grow, he also prioritizes keeping them grounded. Using their power and platform as an NFL player to help the community is key.

"I've prided myself and that's kind of a prerequisite whether it's visiting a homeless shelter, going to a children's hospital... or a hospital in the Bronx like

[St. Barnabas Hospital] that really provides services for poverty-stricken families that can't afford healthcare or medical relief," Sean said.

To bring awareness to things that affect his own life personally, he ties everything back to his family and gives them the opportunity to have their voices heard.

With his daughter, Gianna, he wrote his fourth children's book, Football Magic: A Pirate's Tale.

Sean wanted to involve his daughter, who has juvenile arthritis, in the writing process and use her as inspiration for the main character he named after her. Similarly with his other daughter, Sophia, Sean used her passion for gymnastics to inspire hope. Sophia is a Level-10 gymnast who suffers from celiac disease.

Even on-duty, Sean's children never leave his mind.

Coming home from games, he returns with trinkets for his children. After Super Bowl LIII, Gianna requested a teddy bear and Sophia asked for a unicorn. After walking five miles to find Gianna's bear, Sean attempted to stuff it into his backpack on top of the unicorn. Eventually giving up, the teddy bear poked out the top of his bag that he paraded around all day.

And he wouldn't have wanted it any other way.

EHS Roundup

EHS GIRLS OVERCOME 10 POINT DEFICIT IN FINAL TWO MINUTES TO TOP SOMERVILLE

The Everett High girls basketball team overcame

a 10-point deficit with less than two minutes to play to pull out a dramatic and exciting 46-44 victory over Greater Boston League (GBL) rival Somerville this past Thursday.

"This was a huge comeback win for our team

against a tough and physical Somerville team," said EHS head coach Riley Dunn. "The girls stayed resilient and gritty to fight back despite being 10 points down with two minutes to play. They never gave up and chipped away.

"The defensive end really made things happen for us offensively," Dunn continued. "Defense is our identity and I am so proud of their fight and hustle. This truly was a team win and numerous players stepped up at different times to make big plays.

"Malaica Guillaume was everywhere on defense," said Dunn. "Sonia Constanza Flores and Casey Martinez hit some big-time shots down the stretch, while posts Kaesta Sandy and Taisha Alexandre had some major boards and put-backs when we needed them. Emilia Maria Babcock led the offense and had a major 'and-1' to tie the game with seconds remaining on the clock. Kaesta Sandy grabbed a tough board and hit the put-back to put us back on top, and ultimately get the win."

The final stat line showed Emilia Maria Babcock with 19 points, five rebounds, and two steals; Malaica Guillaume with six points and seven boards; and Sonia Constanza Flores with six points to go with her six rebounds.

This past Monday the Lady Crimson Tide made it three wins in a row with a 75-46 triumph over non-league rival New Mission.

Major offensive contributions came from a host of Lady Crimson Tide players: Emilia Maria Babcock achieved her first double-double with 17 points, 10 assists, and three steals, while shooting a perfect 5-for-5 from the free throw line; Malaica Guillaume struck for 19 points, grabbed seven boards, and made two steals; Clarice Alexis hit for 17 points; Kaesta Sandy scored 10 points and had five rebounds; and Taisha Alexandre made a strong contribution with eight points and seven rebounds.

Dunn also lauded the performance of Sonia Constanza Flores.

"Sonia is always a con-



Everett High star shot-put performer Darrynn Desrameaux broke her school record this past Saturday with a throw of 33'- 9.25" at the MSTCA Invitational Meet. Darry finished 12th at the meet and is ranked 34th in the state.

stant, energetic, and tough presence on the floor, and contributes in numerous ways," said Dunn of Constanza Flores, who had six assists, five steals, and three rebounds against New Mission. "She is constantly doing the little things and pushing herself every game to be the best for her team."

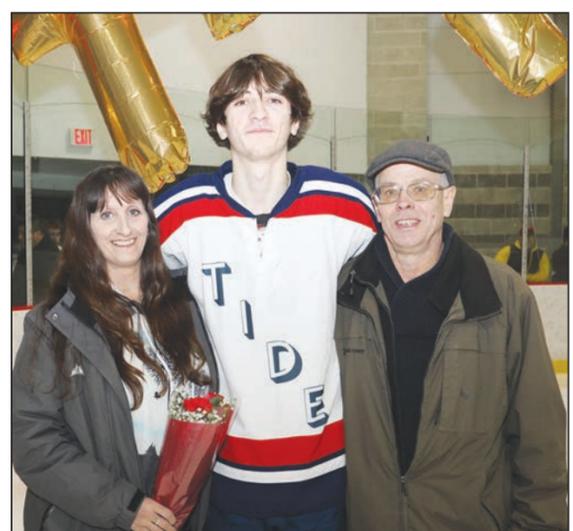
Everett began its three-game winning streak last Tuesday with a 48-41 win over GBL foe Lynn English. Emilia Maria Babcock led all scorers with 24 points, including three huge free throws down the stretch. Malaica Guillaume was all over the boards,

pulling down 11 rebounds and hitting for 12 points to post her fourth double-double of the season. Big plays were made down the stretch by Kaesta Sandy on the boards and by defensive pressure from Casey Martinez and Sonia Constanza Flores.

"We got the win because the girls played poised, hungry, and were relentless at the end of the game," said Dunn. "They worked really hard for this win, which was a great team victory. I was really proud of these girls for getting it

See ROUNDUP Page 7

SENIOR NIGHT



Everett High School Hockey Senior Jacob Cantone with his parents.

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Mandela // CONTINUED FROM PAGE 1

body that is 40% diverse, including international students.

“When we have an open heart, we are able to learn and become better,” expressed Mandela, who implored students to apply his grandfather’s principles in their own communities. “My grandfather had a lot of compassion. Compassion is what we need in this world.”

His grandfather’s wisdom and gentleness bolstered Mandela’s belief that he could make a difference. Mandela encouraged students to vote and be aware of who represents them in their district so their concerns can be heard.

Ndaba Mandela was born in 1982, during the apartheid regime in South Africa. He described the system as so brutal that if a child was born from a mixed race couple, he or she would be removed and placed in a separate area of mixed race people.

Ndaba Mandela’s grandfather, Nelson Mandela, was the leader of an anti-apartheid movement that brought liberation and peace to South Africa. Mandela -- who had a sense of humor and enjoyed dancing -- raised his grandson to be understanding, passionate, and genuine.

Now Mandela promotes positive change through collaboration, tolerance, and respect. He is co-founder and chairman of the African community-based foundation, Africa Rising. Mandela was involved in creating the International Day of Happiness at the United Nations. His book, “Going to the Mountain: Life Lessons from my Grandfather, Nelson Mandela,” chronicles his life, telling the story of Nelson Mandela from his grandson’s perspective. Mandela is presently organizing the 95th Nelson Mandela International Day on July 18, in celebration of his grandfather’s birthday.

Principal Jeff Smith felt that one of the most important topics that Mandela discussed was about

“dreaming big.”

“It reinforced working hard, and continuing to push yourself out of your comfort zone,” explained Principal Smith.

Malden Catholic President John Thornburg feels that Nelson and Ndaba Mandela’s story is a new level for students, faculty, and staff to aspire for.

“His message about compassion and understanding others fits well with our school mission,” noted President Thornburg.

Senior, Jackson Norales, concurs that Mandela’s presentation reinforced Malden Catholic’s Xaverian values of simplicity, compassion, trust, and zeal. Norales is the secretary of the National Honor Society, and the key spiritual leader of his grade’s community service organization.

“When I started at MC, courage was something I struggled with – trust in myself that I could be a leader in this world,” revealed Norales, a Malden resident. “Community and group work will lead to the most change.”

Mandela’s pride in his country, and his grandfather’s courageousness resonated with Norales, who enjoyed learning about personal narratives, like attending soccer games.

In addition to service and charity, Norales and senior classmate Sachelle Sterlin agree that coming together as a group is one



Malden Catholic board members, previous headmasters, and local mayors such as Medford Mayor Breanna Lungo-Koehn and Everett Mayor Carlo DeMaria sat in the front row to meet Ndaba Mandela.

of the most vital lessons they learned from Mandela’s lecture. Sterlin is a member of the African American Policy Forum, which supports human right and the expansion of racial justice and gender equality.

“We did research to promote legislation that improves the conditions in America for black women,” described Sterlin, of Malden, about her Young Scholars Program internship. “The message that impacted me the most today was Mr. Mandela’s message about youth being the catalyst for social change, and us picking up the movement from the older generations.”



Malden Mayor Gary Christensen presenting a citation to Ndaba Mandela in appreciation of his continued mission for social justice and equality.



Former MC Headmaster Brother Richard Cook (far right) performed the South African and United States nation anthems with his a capella chorus, Blue of a Kind, a Melrose-based band that has been singing together for some 20 years.



Declan Kelly, with Robert Gregory, MC Boys Division Leader, addressing Ndaba Mandela.



Ndaba Mandela, grandson of renowned humanitarian, Nelson Mandela, addressing Malden Catholic High School students during his January 24 Leadership Series presentation.

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EVERETT HIGH SCHOOL HOCKEY CHEERLEADING NIGHT



Everett High senior cheerleading teammates Pietra Bertolazzi and Mia Auguste, with their respective family members at the recognition ceremony.



Senior cheerleader Alessandra Foster, with her parents, Josephine and Adam.



Senior cheerleader Kirtsy Hall, with her mother, Alexandra Thelisma, her cousin, Shaendra Hall, and her sister, Alexa Hall.



Senior cheerleader Emma Longmore, with her parents, Alanna and Mike, her older brother, Tyler, her twin brother, Justin, her uncle, Alan, her aunt, Lisa, and cousins, Anthony and Marco.



Senior cheerleader Maria Rocha Moraes, with her mother, Gisele, and her siblings, Laura, Heloisa, and Benjamin.



Senior cheerleader Woodjanna Tondreau, with her aunt, Katty, and her cousins, Izen and Jaliyah.



Senior cheerleading team captain Alyssa Parziale, with her parents, Eric and Nancy, and her sister, Olivia.



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Senior cheerleading team captain Rebecca Hickey, with her mother, Elena.



Representatives from the Parlin Yarn Club and Eliot Family Resource Center, (left to right) are Evelyn Gayhart, Pat Albano, Victoria Strand, Meryem Ikuassan, June DeYoung, and Eleanor Gayhart.

Parlin Memorial Library Yarn Club donates 150 handcrafted items to the Eliot Family Resource Center

For their first-ever community service project, the Parlin Memorial Library Yarn Club came together to create scarves intended for distribution through the Elliot Family Resource Center in Everett. The Everett Public Libraries posted a call for donations of yarn and finished items, accepting donations from library patrons outside of the club. The drive ran from October 2023 to December 2023, and with the donated yarn, the Yarn Club crocheted and knitted 105 scarves for the community. Additionally, patrons dropped off 45 other hand-crafted items for citizens this winter, including hats, booties, baby blankets and other essentials to provide warmth during the winter season. “Yarn Club had been meeting every other week starting at the beginning of 2023. It was our first time running the program

since its previous existence before COVID, and most members were part of the club before,” said Head of Circulation Victoria Strand, who runs the club’s now weekly meetings on Tuesday nights at the Parlin. “Once the fall came around, we wanted to do some sort of project for the community. So, we chose scarves because they’re something everyone can use and they come together quickly, which meant we could make a lot of them.” According to Ms. Strand, the Yarn Club realized that the Eliot Family Resource Center would be “the perfect community partner for distribution” due to their frequent food pantries, diaper distributions, and community baby shower events. Eleanor Gayhart, of the Eliot Family Resource Center, commented on the Yarn Club’s hard work

and the success of the donation drive. “There will be so many happy clients,” she said. “We see so many people come for food pantry and other services without appropriate winter gear, and it will be so meaningful to be able to provide these to them. All the items are beautiful and the club members did such amazing work! We look forward to finding additional ways to collaborate.” Library Director Kevin Sheehan expressed pride in the staff’s community contribution, inviting everyone to witness one of the Yarn Club’s projects displayed at the Parlin Library. “I’m really proud that our staff found a way to help our community through our Yarn Club. You can come to the Parlin Library to see some of their work festooned on the wall.”

Councilor Rogers seeks signage warning of coyote presence in city

By Cary Shuman

Councilor-at-Large Katy Rogers proposed a resolution at the Jan. 22 meeting requesting that coyote signage be added to Ward 3 and any other areas where coyotes may be present. She also asked that factual information about coyotes be added to the city’s website.

Ward 2 Councilor Stephanie Martins and Ward 3 Councilor Anthony DiPierro co-sponsored the resolution.

“Everett residents need to know the facts about coyotes, and that information should be readily available, which is why I would like it included on the city website,” said Rogers. “Coyotes typically avoid people and tend to be more afraid of us than we are of them. They play an important role in our ecosystem and are crucial in controlling the rat population. One coyote will eat approximately 1,600 rats per year.”

In her remarks at the meeting, Rogers, an advocate for animal rights, said she has worked with the



Councilor-at-Large Katy Rogers speaks at the Jan. 22 City Council meeting.

city’s animal control officer to identify eight locations of coyote presence: the hospital vicinity, (Garland Street in Ward 2), Little Florence Street Park area on Nichols Street, Woodlawn neighborhood, Elm Street, Woodlawn Cemetery area, Fuller Street, Gledhill Avenue (corner of Russell Street), Dairy Maid area (Shute Street), Swan Street Park area, and along Rivergreen Park.

“Signage in areas where coyote sightings happen most frequently will help raise awareness,” said Rogers.

The Council unanimously approved Rogers’ motion that the Mayor Carlo DeMaria Administration respond to the Council about the stated information about coyotes and signage in the city by the Feb. 12 Council meeting.

Roundup // CONTINUED FROM PAGE 4

done.”

Prior to that victory, the Lady Crimson Tide set the stage for their win skein with a tough, 49-47 loss to Lynn Classical, which is tied with Revere for first-place in the GBL. The two-point shortfall marked the Tide’s third such defeat by two points or less this season. Malaica Guillaume attained her third double-double with 17 points and 14 boards. Emilia Maria Babcock led the scoring attack with 15 points and grabbed five rebounds to go with four steals.

Dunn and her crew, who stand at 6-8 on the season, were scheduled to take on Somerville last night (Tuesday) in a contest that was highlighted by Senior Night festivities. They travel to Revere tomorrow (Thursday) evening and will host Medford next Thursday (February 8) for a 6:00 opening tip.

EHS BOYS TRACK DEFEATS MEDFORD

The Everett High boys indoor track and field team earned a split in a tri-meet last Tuesday at the Reggie Lewis Track and Athletic Center in Boston, defeating Greater Boston League (GBL) rival Medford, 53-47, but falling short to GBL foe Revere.

In the competition with Medford, the Crimson Tide were led by a number of first-place performers: Kayshaun Eveillard won the 55-meter dash with a sprint of 6.95 seconds (Kayshaun also took second in the 300 and anchored the winning 4 x 200 relay vs. Medford); Donald Michel was a double-winner in the high jump with a leap of 5’-6” and the 55 meter hurdles with

a clocking of 8.73 (Donald also ran a leg of the winning 4 x 200); and Shane MacKenzie captured the shot-put with a throw of 38’-3.25”.

The victorious 4 x 200 quartet of Matthew Lamonica, Donald Michel, Jeremiah Jean-Louis, and Kayshaun Eveillard finished in 1:39.03, which was 4.30 seconds faster than their Mustang opponents.

In the portion of the meet vs. Revere, Kayshaun Eveillard captured the 300 meter dash with a time of 37.13 seconds, which was more than two seconds faster than his closest Revere rival (Kayshaun also took second place vs. Revere in the 55 dash); Donald Michel won the high jump and took second in the 55 hurdles; Khang Nguyen took first in the long jump with a flight of 18’-6.5”; and Anthony Whitlow won the 2-mile run with a time of 12:30.22.

Additional point-scorers for the Crimson Tide in the tri-meet were:

- 55 meter dash: Jeremiah St. Louis, 2nd vs. Medford;
- 600 dash: Dawens Germain, 2nd vs. Medford; Adrien Reyes, 3rd vs. Medford;
- 1000: Lucas Nunez, 2nd vs. both Revere and Medford;
- 1-mile: Nischal Tamang, 3rd vs. Revere and 2nd vs. Medford;
- High jump: Dawens Germain, 3rd vs. Revere; 2nd vs. Medford;
- 2-mile: David Huezio-Erazo: 3rd vs. Revere; Anthony Whitlow, 2nd vs. Medford;
- Long jump: Khang Nguyen, 2nd vs. Medford;
- Shot-put: Fabrice Michaud, 2nd vs. Medford.

Coach Jehu Cimea and his crew, who finished their dual-meet campaign with a

4-3 record, now will compete in the All-Greater Boston League (GBL) Meet that is scheduled for this Friday afternoon at the Reggie.

DESFRAMEAUX, BRANDAO SHINE IN FINAL DUAL-MEETS

The Everett High girls indoor track and field team completed its dual-meet season last Tuesday against Greater Boston League (GBL) rivals Medford and Revere at the Reggie Lewis Track and Athletic Center in Boston.

Although the Lady Crimson Tide came up short against both foes, there were some outstanding individual performances for Everett.

Darrynn Desrameaux topped the field in the shot-put with a toss of 33’-1” (a throw that was nine feet further than her closest Medford and Revere rivals). Throwing-mate Layla Betancur-Cardona handily took second place against both opponents with her toss of 30’-06”.

Nicole Brandao also shone at the meet, taking first place vs. Medford and second place vs. Revere in the 55 meter hurdles with a clocking of 10.21.

Other point-scorers for Everett vs. Medford were: Devin Gomez-Walrod with a second in the 55 hurdles; Juliette Romboli with a third in the 55 hurdles; Milena Antoino with a third in 600 dash; Yelsa Garcia with a third in the 55 dash; Zuelle Cannon-Mathis with a third in the 300 dash; and Suzanne Maharjan with a third in the 2-mile.

In the Revere portion of the meet, additional point-scorers were: Garcia with a third in the 55 dash; Cannon-Mathis with a third in the 300 ; Antoino with a second in the 600; and Maharjan with a third in the 2-mile.

Coach Jehu Cimea and his squad will compete in Friday’s All-GBL Meet at the Reggie.

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FRESH AND LOCAL

Broth to warm and heal

By Penny & Ed Cherubino

The 2023 uproar over some pasta companies discontinuing tiny star-shaped “pastina” was actually about the disappearance of a brothy, healing comfort food— pastina in broth. The Boston Globe called it “Italian penicillin.”

Penny recalls the first time she had it. She was dealing with a head cold while visiting a college friend. As soon as she arrived, the family’s matriarch hustled around in the kitchen and quickly presented her with a steaming bowl of rich chicken broth studded with tiny pasta stars. It was warm and soothing and made her feel better.

Pastina in broth has long been on our menus whenever we feel off or need a quick, soothing meal. Depending on our mood, we may add a little or a lot of grated parmesan to the bowl. Fortunately, some companies still make it, and pastina is not the only tiny pasta. Next

to a jar of Prince pastina, we have alternatives like acini di pepe, orzo, and toasty fregola sarda.

Why Chicken Soup Works

Today, the medical community knows why foods like chicken soup help with respiratory illnesses. In an article for the science website The Conversation, Colby Teeman, Ph.D., assistant professor of dietetics and nutrition at the University of Dayton, discussed several factors.

Chicken is a complete protein to combat infection, and vegetables provide vitamins, minerals, and antioxidants. Adding pasta or rice provides the carbohydrates you need to recover. The water and electrolytes help with rehydration.

Chicken soup is also rich in umami, which can increase your appetite when you may not feel like eating. He adds, “Umami may also improve nutrient digestion which can reduce gastro-

intestinal symptoms.” Finally, sipping and inhaling warm broth vapor can do a good job of loosening mucus.

Teeman included a precaution that not all chicken soups are the same. He highly recommended homemade or at least one that is not ultra-processed and lacking in those essential nutritional factors that you would get from a minimally processed version.

Those who don’t eat meat can gain many of the same benefits from a rich mushroom broth filled with hearty vegetables and noodles.

World Broth Tour

We searched for dietary remedies from other cultures and found many broth-based ones. If you’re not up to making soup, you can find many options at local restaurants. Our first choice would be Vietnamese Pho. If you order this to go, you’ll receive a container of broth with the noodles, toppings, and seasonings



A steaming bowl of Vietnamese Beef Pho is the perfect take-out meal to bring to a sick friend. (Photo: Getty Images)

in separate containers. You can create your bowl of soup precisely the way you want. If you’d like a hit of sriracha to clear your head, add it. If you’re looking for simple soup, build it your way.

If you’re from Thailand, you might crave the hot and sour ingredients that balance out a spicy Tom Yum soup. Koreans agree! Their Dak Gomtang soup can be served unseasoned or with a big dollop of a

spicy paste or kimchi.

Ramen or Miso soup are Japanese options, and you could enjoy a Chinese wonton or egg drop soup. Greek Avgolemono adds lemon and eggs to their comforting chicken soup.

The Irish and British have always depended on “Beef Tea,” a rich beef stock, to heal what ails them. These were once prepared in UK hospital kitchens and prescribed for digestive problems, fe-

ver, or weakness.

Consider brothy soups or plain broth when the doctor says to drink plenty of fluids. The more you add to it, the more nutrition you’ll have for that important job of healing or just feeling better.

Do you have a question or topic for Fresh & Local? Send an email to Penny@BostonZest.com with your suggestion.

OBITUARIES

Mary Bonanno

She was very family oriented

Mary A. (Pagliuca) Bonanno of Everett entered into eternal rest on Saturday, January 27 in the Advinia Care in Wilmington after being in failing health. She was 92 years old.

Born in Boston, Mary lived in Everett for most of her life. She worked part-time for Star Market and Mal’s Supermarket. Mary was proficient in the Italian language and enjoyed traveling to Italy, Florida and Maine as well as other places of interest. She enjoyed teaching CCD at the former St. Joseph Church in Everett. Mary was very family oriented and enjoyed cooking for the family.

She was the beloved wife of the late Joseph G. Bonanno for 62 years prior to his passing in 2016; the dear and devoted mother of Marie Jennie O’Connor and her husband, Thomas M. of N. Reading, Joseph A. Bonanno and his wife, Maria of Everett and Carolyn Zidel of Everett; the devoted sister of Grace Balboni of Groveland, Dorothy Labonte of Andover, Joanne Smith of Malden and the late Anthony Pagliuca and Michael Pagliuca; the loving grandmother of Christopher O’Connor, Hannah O’Connor,



Antonio Bonanno, Tina Bonanno, Jennie Brown and her husband, Derrick and Alexander Zidel and his wife, Ferlynn and the loving great-grandmother of Stella M. Brown.

Relatives and friends are respectfully invited to attend Mary’s visiting hours Wednesday, January 31 from 6 to 8 p.m. in the Cafasso & Sons Funeral Home, 65 Clark Street (Corner of Main Street) Everett. Her funeral will be from the funeral home on Thursday, Feb. 1 at 9 a.m. followed by a Funeral Mass in St. Anthony’s Church 38 Oakes St. Everett at 10 a.m. Interment Massachusetts National Cemetery, Bourne at 1:15 p.m. In lieu of flowers, contributions in Mary’s memory to St. Jude Children’s Research Hospital, 501 St. Jude Place, Memphis, TN, 38105 would be sincerely appreciated.

Parking with attendants on duty.

Janeen Guiliano-Miranda

A beacon of light

Janeen Guiliano-Miranda, affectionately known to her friends and family as “Nenie”, was a beacon of light to those who had the privilege of knowing her. Born on August 14, 1975, in Everett, MA, Janeen was a woman of grace, strength, and ceaseless compassion. She embraced life with open arms and a radiant smile, leaving an indelible mark on the hearts of those she encountered. As a beloved teacher for 25 years, she profoundly impacted the lives of countless students, leaving a lasting legacy in the field of education.

Janeen’s life was a testament to the famous quote by Henry Adams, “A teacher affects eternity; she can never tell where her influence stops.” She poured her heart into shaping young minds, a role she carried out with unwavering dedication. Janeen’s love for learning was evident in her personal life as well; she was a proud holder of a Master’s Degree, a remarkable achievement that embodied her commitment to intellectual growth. Her passion for teaching was only rivaled by her love for her family and friends, as well as her fondness for the Cape, a place she often escaped to with her loved ones.

Janeen’s vibrant spirit and nurturing heart touched everyone she met. She is survived by her loving parents, Joseph and Christine Guiliano, her devoted husband, Joseph Miranda, and their three won-



derful children, Jojo, Ellie, and Gianna, who were the center of her universe. Janeen also leaves behind her loving brother Richard Guiliano and his wife Karen, her dear sister Donna Wortman and her husband Scott D, and her cherished nieces and nephews Anna, Scotty, Kevin and Lauren. Janeen’s infectious laughter, her unwavering courage, her immense strength, and her relentless optimism will continue to live on in the hearts of her family and friends.

A Visitation will be held at the Paul Buonfiglio & Sons-Bruno Funeral Home 128 Revere St, Revere on Thursday February 1, 2024 from 3:00pm to 8:00pm. Funeral Mass from St. Anthony’s of Padua Church in Revere on Friday February 2, 2024 at 11:00am. Relatives and friends are kindly invited. Interment Woodlawn Cemetery.

As we remember Janeen, we encourage you to share your memories, photos, and stories on her memorial page at Buonfiglio.com.

Polson // CONTINUED FROM PAGE 1

while living in South Carolina. “Chipper Jones is my all-time favorite,” said Polson, paying tribute to the former National League MVP and Hall of Fame inductee.

Polson also has an allegiance to the University of South Carolina sports teams. South Carolina is currently undefeated and ranked No. 1 in the nation in women’s basketball.

“I’m a big [USC] Gamecock fan,” said Polson proudly.

Goals for the 2024 ELL season

Polson said the enrollment goal for the 2024 Everett Little League season is 200 players. “We had a lot of kids graduate last year, so that’s going to be our biggest challenge,” said Polson. “We’ve also been working with some

leadership in Chelsea to invite any Chelsea residents who want to participate in our league. We’re trying to build a partnership with them.”

The league has begun conducting weekly baseball clinics at the Everett Recreation Center. The next clinic is scheduled for Sunday, Feb. 11.

This season the league will continue to have four divisions: T-Ball, Farm, Minor, and Major.

As the clinic was being held indoors Sunday at the Rec Sunday, there was some inclement weather outside. Polson said he has been unfazed by the recent snowy weather. “I like the snow. It very rarely snows in South Carolina, maybe once every five years,” reported Polson, smiling.

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CHURCH News

Mystic Side Congregational Church

News and Notes

Mystic Side Congregational Church is located in Everett, on Malden-Everett border, at 422 Main Street. We offer a warm, inviting atmosphere, and all are welcome. Our Sunday Church service starts at 10:30 a.m. and Communion is offered on the first Sunday of each month. A very pleasant coffee hour

and socializing follow our services. Parking is available in our lot next to the church on Wyllis Ave. (one way off Main Street). We look forward to welcoming you this Sunday.

**Mystic Side
Congregational Church
422 Main Street
Everett, MA**

Glendale United Methodist Church

News and Notes

Glendale United Methodist Church is open to all and we welcome people of all faiths, race, nationalities, and sexual preference. No one is ever turned away. If you are looking for a new home church, we would like you to check us out and let us know what we can do to make church a better fit in your life.

Bible Study: Consider joining us for Bible study on Sunday. We meet in the Church Parlor off the Chapel from 9:30 to 10:00 a.m.

Sponsor the bulletin! For a \$5 donation, you can dedicate the Sunday bulletin to recognize family, friends, or special occasions. There is a sign-up sheet in the Pastor's study. Feel free to choose your particular week and leave a copy of your dedication in the mail in that is on the Pastor's door. Please contact the Pastor if you have any questions.

Boy Scout Troop 814: Meet in Cooper Hall on Tues. evenings from 6-9 p.m. Cub Pack 11 meets on Saturday mornings.

NA Meetings – Mon.

Bring Your Own Book 7:30 – 9:30 p.m.; Thurs. I Can't But We Can, 8:00 7:30 – 9:30 p.m.

AA Meeting – Saturday evenings from 6:30 to 8:30 p.m.

Pastor's Office Hours: Saturdays 10 a.m. to 2 p.m. Other times by appointment.

Bread of Life Donations – This outreach is being done to honor the United Methodist Women's Group, who for so many years were our outreach source. Please bring any food item(s) to church and place in the box located on the altar.

We are on the Internet
<http://www.glendaleumc-everett.org>
Glendale United Methodist Church
Pastor David Jackson
392 Ferry Street (across from Glendale Towers)
Please enter the church by the driveway on Walnut Street
617-387-2916
PastorDavidJackson58@gmail.com
Pastor's Office Hours:
Saturdays 10 a.m. to 2 p.m. Other times by appointment.

Zion Church - Everett

News and Notes

Bishop Robert G. Brown and Zion Church Ministries invites you to join us every Sunday at our 10:00 a.m. Worship Service for a time of worship, praise and preaching, at 757 Broadway, Everett, MA. You can also join

Zion Church Ministries via livestream on Facebook and YouTube.

For more information, they can be reached online at zionchurchministries.com or via email at office@zionchurchministries.com.

Immaculate Conception Parish

News and Notes

Our Parish Staff: Rev. Joseph Chacha Marwa, S.M.A. Administrator, Rev. Gustavo Buccilli S.M.A. Parochial Vicar, Barbara Canon Secretary, Parish Secretary.

Weekly Mass Schedule at the Immaculate Conception Parish is as follows:

1: Monday-Saturday at 7:00a.m. in the Chapel.

2: Saturday at 4:00p.m. (Sunday Vigil) and at 7:30p.m. Vietnamese Mass Upper Church.

3: Sunday at 7:00a.m. and 10:00a.m. English Masses. At 12:00p.m. Spanish Mass and 4:00p.m. Haitian Creole Mass.

4: Confessions are on Saturdays from 3:00-3:45

at the Confession Boots in the Chapel, and at 11:15 a.m. 12:00p.m. in Spanish.

5: Adoration of the Blessed Sacrament at the Chapel on Thursday from 7:30 a.m.-6:00 p.m.

Bring a Book buy a Book a new Fundraiser Program at the back of the Church. All books are a dollar. Any money collected goes to our Stain Glass Fund. You are most invited to make a donation for this course. Most welcome to worship with us on Sunday and weekdays. Thank You.

Immaculate Conception Parish
489, Broadway,
Everett MA 02149 Phone
Call 6173895660

Glendale Christian Lighthouse Church

News and Notes

Sunday 10:30 a.m. Worship service.

Weds. hour of Power, worship, prayer and Bible Study, via Zoom.

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,” Colossians 3:23

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Rev. Larry Russi, Sr.
Pastor
pastorlarry@thelighthousechurch701.net

Church at the Well Everett

News and Notes

Church at the Well Everett is a new church for Everett. Check us out on Facebook at www.facebook.com/churchforeverett to view weekly devotions and updates, visit us at www.foreverett.church

to sign up for our newsletter and see how we can help you, or connect with the Everett Community Aid Network at www.everettcan.com to request any additional help.

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Hartford, CT 06106-1561
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51 State House Station
Augusta, ME 04333
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One Ashburton Place, Room 601
Boston, MA 02108-1599
617-994-6000

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135 State Street, Drawer 33
Montpelier, VT 05633-6301
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2 Chenell Drive
Concord, NH 03301-9053
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Grace Anglican Episcopal Church

News and Notes

Grace Anglican Episcopal Church is open and welcoming to all.

There are two services on Sundays: 10 a.m. English, 1 p.m. South Sudanese Dinka

Come all and let us walk together in this sea-

son of hope, renewal and new beginnings.

Grace Anglican Episcopal Church
67 Norwood Street,
Everett, MA
Church Phone
617-387-7526 or
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A LOOK AT EXCELLENCE IN THE EVERETT PUBLIC SCHOOLS



Bringing Joy to Everett High

Author Gabby Rivera Delivers an Inspirational Talk to EHS Students

Gabby Rivera, an author, inspirational speaker, and LGBTQ youth advocate, spoke to Everett High School (EHS) students on Wednesday, January 17, 2024. She presented to EHS Art, English Language Arts, and English Learner students as part of a year-long guest artist and speaker series led by K-12 Art Coordinator Cari DiCicco and Library Coordinator Mary Puleo.

Rivera's debut novel, "Juliet Takes a Breath," received wide acclaim and was republished by Penguin Random House in 2019. She is also the host of a podcast called "Joy Revolution."

With passion, honesty, and humor, Rivera talked about growing up in the Bronx and the "radical creativity" that she brings to her writing and career. She frankly discussed the personal and emotional challenges she endured and eventually overcame, stressing that "joy" has been the most prominent force in her life.

She also spoke eloquently about her family, the "power in elders," and the importance of one's origin story.

Thanks to the EHS-TV Studio, Rivera presented on the stage inside the EHS Auditorium, in the style of a TED Talk — an intimate in-person setting juxtaposed by a large screen where she could project images of her life and writings. At the conclusion of her presentation, she took questions from the students and signed copies of her books inside the EHS Library.

Weathering and Erosion by Ice

A 7th-Grade Project at the Whittier



Whittier School seventh graders recently completed a special unit on weathering and erosion that combined vocabulary, research, lab work, collaboration, and experimentation. The multifaceted project was directed by teacher Deanna Kysilovsky and is reflective of the creative and effective ways Everett Public Schools (EPS) educators are teaching core science concepts to middle school students.

Ms. Kysilovsky started the unit by introducing the concepts of weathering, erosion, and deposition. Students reviewed relevant vocabulary words and identified and described specific scientific situations. The students then began thinking about how water affects rocks as it thaws and freezes

Students collaborated in groups to brainstorm ideas about potential impacts on the rocks. After a whole group discussion, the students concluded that when water freezes on the side of a mountain, on a cliff, or inside a rock, the water expands; after this process is repeated several times, it causes the rock to break into tiny pieces.

To help students visualize this process, Ms. Kysilovsky led an ice lab that featured a heat lamp, sand, ice rock, and a tray — allowing the students to see the melting process begin and unfold.

During the experiment, the ice represented a glacier, and the sand represented the Earth's landforms. The heat lamp emitted heat energy and melted the glacier, causing a deposition of the sedi-

ments. Students observed the glacier as it started to change the shape of Earth's surface because, as the glacier melts, it weathers the land. Erosion occurs when the glacier melts and the rocks and sediment are carried to new locations. The movement of the glacier melting creates new landforms, and the shifting sand creates new, isolated hills and islands.

When the experiment concluded, students could identify the reason why Earth's surface is impacted and how it is impacted by the thawing of ice. Students described their observations in writing and concluded that the heat energy caused the glacier to break down and create new landforms like lakes and valleys.

Only on the EPS Website

English Learner Department Newsletter for Parents



The Everett Public Schools (EPS) English Learner Department recently published the winter edition of its Virtual Parent Newsletter. The newsletter is available in

multiple languages and includes information about English classes for EPS parents, ACCESS Testing, enrichment opportunities, and a message from EL Director Genevieve

McDonough. Visit www.everettpublicschools.org, where the newsletter is available under "News and Announcements."



Software Access and Education

FSF Professionals Address Everett High School Students



Professionals from the Free Software Foundation (FSF) presented to Everett High School technology students on Wednesday, January 3, 2024.

FSF Program Manager Miriam Bastian and FSF Outreach and Communications Coordinator Devin Ulibarri gave a presentation to approximately 60 cybersecurity and robotics students about free and open-source software and its importance in educa-

tion and society.

"It was thrilling to meet all these students and to learn what interests them," said Bastian. "The teens asked us questions like 'Is it safe to use free software?' and 'How can a high school student or someone who is just starting college get involved with free software projects?'"

The visit was organized by technology teacher Mr. Neil Plotnick. Ms. Jillian

Ells and Ms. Neeta Kalve also brought students to the discussion in the EHS Auditorium.

The FSF works to secure freedom for computer users by promoting the development and use of free software and documentation—particularly the GNU operating system — and to raise awareness about user rights and privacy issues.

i-Ready Mascot Visits the Whittier School

Students Say Hello to Snargg!



The i-Ready mascot Snargg, described by the company as a "blue skinned alien dog with sharp and pointy teeth," brought nothing but smiles to the Whittier School on Tuesday, January 16, 2024. Snargg was on hand to encourage students to do their very best on the mid-year i-Ready diagnostic assessment. Teachers across the district have been working hard to prepare the students for the current round of i-Ready formative assessments, which track student growth at the beginning, middle, and end of the school year.

Please visit everettindependent.com